

A1C Test



What is A1C?

An A1C (pronounced A-one-C) is a blood test. It measures your average blood glucose (sugar) level over the past 2-3 months. It is a way to check how well you are controlling your blood sugar.

Why is A1C important?

Lowering your A1C can help reduce your risk of developing diabetes-related complications such as: nerve damage, eye, kidneys and heart disease.

When should I have the A1C test done?

- You should have your A1C tested every 6 months if you're meeting your blood sugar goals
- You should have your A1C tested every 3 months if you are not meeting your goals or if you change your diabetes treatment

What is your A1C number? _____ Percent (%)

People with diabetes should have an A1C level of less than 7%. If your A1C is higher than 7 percent (%), please ask your health care provider to review your treatment plan.

Comparison of A1C and blood glucose levels

If your A1C% is:	Your average blood glucose (mg/dL) level is:	This means your A1C level is:
10.1 to 14	243 to 355	*TAKE ACTION NOW* Ask your provider for help.
8.1 to 10	186 to 240	*Out of control*- Ask your provider for help.
7.1 to 8	157 to 183	Needs improvement - Discuss with your provider.
6.1-7.0	128-154	Good Control
4.0 to 6	82 to 126	Excellent! Keep up the good work!